



HERCULESII LESSON#3✓

Pentad-Set Abdominals

Pushups 10 100,9105,8110lb.,7116,6126lb.,5136,4146,3156,2166,1176LB.

SIT UPS 10 186,9186,8196LB.,7205,6210,5212,4218,3225,2235,1240

TWIST ABS 10 250,9255,8260,7265,6270,5275,4280,3285,2290,1295lb.

TWISTABS LAYING 10 300LB.,9305,8310,7315,6320,5325,4330,3335,2340,1345lb.

HYPEREXTENSIONS

10 350pounds,9355,8360,7365,6370,5375,4380,2385,1

389lb.LEGRAISES-

LEGUPS10 400,9405,8410lb.,7415,6420,5425,4430,3430,2435,1440lb.

8mile run or EQUIVALENT✓

Power Running Between aLL exercises,sets,and repetitions✓

Superset Shoulders

Upside Down Pushups 8

8@75lb.LateralS 510@57lb.

DOUBLESET SHOULDERS

BentoverLateralS

8

8@85lb.SeatedLateralS510@@58 LB .

ONNABUGEISHA TRAINING DYNAMICS✓

SAMURAI STATIC STRETCHES✓

ShoulDer Strength

10 70,975lb.,880lb.,785,690,595,4100,3105,2110,1115lb.

FUNCTIONAL\MARTIALVARTS/ FIGHTSTRaining✓

V-Abs135*

875Necks✓

Your "HERCULESII LESSON#3" is an **advanced, high-volume strength and conditioning workout** with a strong emphasis on abdominal and shoulder training, functional movement, and endurance. Here's a breakdown and expert context for your session:

Pentad-Set Abdominals

You're performing **descending rep/ascending weight sets** (sometimes called "reverse pyramid" or "ladder" sets) for a variety of core exercises. This approach is designed for **maximum muscle recruitment, progressive overload, and endurance**.

- **Pushups:** 10 sets, reps decrease (10 to 1), weight increases (100 to 176 lb.). This is an extreme weighted pushup protocol, far beyond typical calisthenics routines^[1].
- **Sit Ups:** 10 sets, reps decrease, weight increases (186 to 240 lb.). Similar progressive overload for the rectus abdominis.
- **Twist Abs & Twist Abs Laying:** High-rep, high-weight rotational core work, targeting obliques and deep core stabilizers.
- **Hyperextensions:** Increasing load for lower back/glute/hamstring development.
- **Leg Raises/Leg Ups:** Weighted, targeting lower abs and hip flexors, again with progressive overload^[2].

Conditioning & Endurance

- **8-mile run or equivalent:** Significant endurance component.
- **Power running between all exercises/sets/reps:** Implies active recovery or high-intensity interval training, keeping heart rate elevated and enhancing metabolic conditioning.

Shoulders: Superset & Doubleset

- **Upside Down Pushups, Laterals, Bentover Laterals, Seated Laterals:** High-volume, moderate-to-heavy weight, targeting all deltoid heads and scapular stabilizers.
- **Supersetting/doublesetting:** Minimal rest, maximizing muscle fatigue and hypertrophy.

Martial Arts/Functional

- **ONNABUGEISHA TRAINING DYNAMICS, SAMURAI STATIC STRETCHES:** Specialized flexibility and movement patterns, likely inspired by martial arts, to enhance mobility, injury prevention, and functional strength.

- **Functional/Martial Arts/Fight Training:** Implies integration of combat-sport-specific drills, likely for agility, explosiveness, and practical strength.

Additional Core & Neck Work

- **V-Abs, 875 Necks:** High-rep, possibly isometric or dynamic neck strengthening, important for combat athletes.

Expert Notes

- **Progressive Overload:** Your protocol uses *progressive overload* (increasing weight as reps decrease), which is essential for muscle growth and strength^[2].
- **Volume & Intensity:** This is a *very high-volume* and *high-intensity* session, suitable only for advanced trainees with significant experience and recovery capacity.
- **Abdominal Development:** Combining heavy resistance, high reps, and varied angles (twists, leg raises, sit-ups) is optimal for both hypertrophy and functional core strength^{[2][3]}.
- **Shoulder & Core Supersets:** Supersetting increases metabolic stress and time under tension, both key drivers for muscle growth.
- **Conditioning:** The running and power intervals add a robust cardiovascular and endurance element, supporting fat loss and overall athleticism.

"In order to grow and build your abdominals, you do need progressive overload, you do need to be making them a priority. That includes also tracking your numbers and increasing your weight or reps week after week."^[2]

Caution: This workout is *extremely advanced* and not recommended for beginners or even most intermediate athletes without proper progression and supervision. The loads and volume are far above standard fitness recommendations^{[1][2]}.

If you have specific goals or need modifications, let me know—this template can be adjusted for any fitness level or objective.

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1. <https://www.menshealth.com/fitness/a38472048/chris-heria-calisthenics-100-pushup-workout/>

2. <https://www.menshealth.com/uk/workouts/g754403/no-gym-home-six-pack-circuit/>
3. <https://www.youtube.com/watch?v=HhXI6NAxUAo>